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## ***Did you know? Secondhand Smoke by the Numbers***

Arizona Department of Health Services' Tobacco Education and Prevention Program kicked off the "Bubbles" Secondhand Smoke awareness campaign. Print, radio and television ads encourage viewers and listeners to keep secondhand smoke out of the lives of children and to imagine a world without secondhand smoke. The campaign uses bubbles as a promotional element and shows them as a creative alternative to smoke. Over the next few months the Department will use the campaign to educate the public about the many dangers of secondhand smoke. Below are some facts that illustrate how harmful secondhand smoke can be:

- **4,000** chemical compounds have been identified in secondhand smoke, **200** are poisons and at least **40** cause cancer.<sup>1</sup>
- Smoke-filled rooms have up to **six** times the air pollution as a busy highway.<sup>2</sup>
- Secondhand smoke will stay in an enclosed environment for approximately **two weeks** before the air is officially clean.<sup>3</sup>
- In the United States, annual healthcare expenditures solely from secondhand smoke exposure total **\$4.98 billion**.<sup>4</sup>
- Secondhand smoke is responsible for approximately **3,000** lung cancer deaths annually in U.S. nonsmokers.<sup>5</sup>
- Secondhand smoke has been estimated to result in at least **53,000** annual deaths in the United States.<sup>6</sup>
- In the United States **43%** of children aged 11 years and under live in a household with at least one smoker.<sup>7</sup> By age five, each of these children will have inhaled the equivalent of **102** packs of cigarettes.<sup>8</sup>
- Exposure to the secondhand smoke of just **one** cigarette per day accelerates the progression of atherosclerosis (hardening of the arteries).<sup>6</sup>

<sup>1</sup> American Lung Association, [www.lungusa.org](http://www.lungusa.org); <sup>2</sup> Centers for Disease Control, *It's Time to Stop Being a passive Victim*, 1993; <sup>3</sup> Repace/Lowrey, *Environmental journal*, 1986: 11:3, [www.repace.com](http://www.repace.com); <sup>4</sup> Campaign for Tobacco-Free Kids, <http://tobaccofreekids.org/research/factsheets/pdf/0072.pdf>; <sup>5</sup> CDC Tobacco Use in the U.S., Retrieved Sept. 30, 2003, [www.cdc.gov/tobacco/overview/tobus\\_us.htm](http://www.cdc.gov/tobacco/overview/tobus_us.htm); <sup>6</sup> American Heart Association, [www.heart.org](http://www.heart.org); <sup>7</sup> Pirkle JL, Flegal KM, Bernert JT, Brody DJ, Etzel RA, Maurer KR Exposure of the US population to environmental tobacco smoke: the Third National Health & Nutrition Examination Survey, 1988-1991. *JAMA* 1996; 275:1233-1240; <sup>8</sup> Hammond, S. K., Sorensen, G., Youngstrom, R., and Ockene, J.K. "Occupational Exposure to Environmental Tobacco Smoke." *JAMA* 274 (1995): 956 - 960

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